

COLEMAN ELKS CASH and PRIZE

BINGO

IN THE
Elks' Hall, Coleman
ON

Fri., May 30

AT 8 p. m. SHARP

Admission - 12 Games - \$1.00

BONUS CARDS 25c

PRIZES

\$140.00 Jackpot in 57 Numbers
or less. If not won to up \$10.00 each Bingo Night

\$10.00 Extra Card Bingo

Winner to receive \$2.00 extra for each extra card he holds

\$50.00 Cash Bingo to Go

\$50.00 Cash Bingo in 57 Nos.

If not won in 57 Nos. prize money will decrease \$5.00
each extra call until won.

8 Other GOOD PRIZES

with option of Cash or Prize

R. E. Thibert Construction

EXCAVATING, DITCHING and DOZING
ALL TYPES CRANE WORK

We Specialize in
Sewer Hook-Ups

Write or Phone for Estimates

P.O. Box 544—Phone 563-3996

Coleman, Alberta

KANANASKIS SERVICE STATION

Dial 563-3810, Coleman

Proprietor Harold Nelson

B. A. GAS and OIL SENTINEL TIRES

MOTORS STEAMED

COIN OPERATED

CAR WASH

Open 6 a. m. to 9 p. m. Daily

Cash Prizes



It's
Fun!

COLEMAN LIONS

BINGO

IN THE

Coleman Elks' Hall

ON

Wed., June 4th

At 8.00 p.m. sharp

Admission - 12 Games - \$1.00

Bonus Cards 25c

\$100 Jackpot in 75 Nos.

OR LESS

5 Prizes of \$12 and 5 Prizes of \$10

and

\$35.00 Bingo in 7 Numbers or Less

and

Also EXTRA GAMES according to attendance.

Hire a Student This Summer

Each one of us in our own way, in our own sphere, is or should be a builder of society; we are the engineers of our way of life. As the engineer takes his blue-print off the drawing board he must watch carefully every step of its execution, he must keep a watchful eye on construction as it grows, but especially he must make sure that it sits on a good solid foundation. In our society that foundation is our student population. It follows that we cannot at any time relax our vigilance and that we must cope with the prevailing situations earnestly and swiftly.

The need of the moment, of course, is summer jobs for students. Summer employment is important for economic reasons; this is obvious; many cannot continue their studies without an opportunity during the summer to work and save. But there are other, less obvious benefits; an appropriate summer job provides the student with an extremely useful foretaste of a possible career; also, it allows him to match his personal aptitudes and tendencies with a particular aspect of the many-faceted jobs that our buoyant economy has to offer.

Last year the number of students looking for summer employment was well in excess of the normal seasonal growth of job opportunities. This year the Department of Manpower has intensified its activities on behalf of students by launching a "Jobs for Students" campaign.

The campaign is designed to encourage businessmen, trade unions, provincial and municipal government authorities, mass communication media, community organizations and the householder to give all assistance they could towards finding jobs for students. It is hoped that by making more people aware of the importance of summer jobs for our students, more people will be prepared to help by offering jobs.

The manager of the Blairmore Canada Manpower Centre has advised that extended efforts are being made to interview and register all senior high school students in the Pincher Creek - Crows Nest Pass area.

These responsible, career-minded young men and women, approximately 700 strong, will be available on the labor market in the area to do any kind of job, skilled or unskilled, for the whole summer or just part of it.

Help give the student, who wants to build a better world, a place to start by contacting the local Canada Manpower Centre where the students are pre-screened and matched to your job requirements.

School Trips And Projects In Spring

Spring is the morning of the year when nature re-awakens.

The days become noticeably longer and warmer. We feel an urge to get out of doors and see green growing plants, early wildflowers, and swelling buds on trees and shrubs; see and hear birds returning from their winter homes; hear the mating songs of frogs and toads. The nearest forest, park, meadow or hedgerow - even a city street or weedy vacant lot - will have a wealth of plant and animal life.

A terrarium consisting merely of a moistened chunk of topsoil from a prairie or a vacant lot, placed in a wide-mouth gallon jar lying on its side, will surprise you with a variety of growing plants and may be some insects, too. Another, containing topsoil from a woodland and perhaps a hunk of moss, will develop into something entirely different. A wide-mouth jar of pond water, with a little of the black pond mud, becomes an aquarium teeming with tiny creatures that can be studied with a hand lens.

In spring the lakes, ponds and sloughs of the forested areas are notable for many kinds of water-fowl and shore-birds. Bits of jelly-like egg masses of frogs, toads and salamanders, found along the edges of ponds, can be placed in jars of water and watched as they hatch out tadpoles - which gradually change into air-breathing adults. A female crayfish carrying eggs or young under the curve of her tail, may be kept while they grow and become independent of her.

Spring is a fruitful time for field trips if only for a half day or stolen hour. Each trip can be a new adventure check-full of learning, but it is the task of a teacher to sharpen pupils' eyes and quicken their imagination. Aside from first-hand experiences on

such a trip - priceless because they are never forgotten - there are many specimens which youngsters may collect and bring back to school for use in classroom projects. Any field trip will be more successful if the teacher and the class plan what to wear, what to take and what to look for.

During May and June many areas are literally carpeted with wild flowers and alive with song birds. The trees and shrubs are blooming and clothing themselves with new leaves. The grasses and the weeds grow vigorously, insects appear, multiply and become numerous. Turn over a rotting log and you will find a hive of activity.

It's SPRING!

(Material courtesy Forest Preserve District of Cook County - Nature Bulletin).

The Canadian Red Cross Society is celebrating its Diamond Jubilee in 1969. Sixty years of people helping people.

The most reliable method of identifying different species is by their flower features.

THE COLEMAN JOURNAL

Published Every Second Wednesday at Coleman, Alberta
Authorized as Second Class Mail by the Post Office Department at Ottawa.
REGISTRATION No. 1322 - T. HOLSTEAD, Publisher
Member of Alberta Weekly Newspapers Association
Subscription Rates \$2.50 per year—Foreign \$3.00 per year—Single 10c

Caretaker Wanted

For the Town Hall and Fire Department. Duties to include cleaning the office, taking care of grounds and providing answering service for the Fire Department. Town provides residence plus utilities, plus salary. Duties to commence on June 15th, 1969.

Those interested please apply to C. F. SCHILE, Secretary-Treasurer, by Tuesday, June 10, 1969.

Proclamation

Pursuant to the powers granted Council under Section 237 (1) of the Municipal Government Act, the Council at their regular meeting held on May 13th, 1969, did proclaim that

Monday, August 4th, 1969

BE DECLARED A

CIVIC HOLIDAY

FOR THE TOWN OF COLEMAN

Signed this 20th day of May, 1969.

JOHN HOLYK, Mayor.

These students want to build a better world

University, college and senior high school students know that you're not going to build a better world by dropping out. It takes education and work skills. All of which cost money to acquire. So these career-minded, responsible students are looking for summer jobs. Any kind of a job—skilled or unskilled—for the whole summer or just part of it. To hire a responsible student who is eager and anxious to do a good job, contact your local Canada Manpower Centre. We'll do the rest. We'll pre-screen. Evaluate. Match up your job with the right student or group of students. Call us now. Give a student who wants to build a better world, a place to start - at your place. You help yourself when you hire a student this summer!

GIVE THEM A PLACE TO START. AT YOUR PLACE.

Hire a student this summer



Department of Manpower and Immigration
The Hon. Allan J. MacEachen, Minister
Consult your local Canada Manpower Centre
Federal Building - Blairmore, Alberta

Attention Mothers!

THE CHINOOK HEALTH UNIT
Will hold a Well-Baby & Pre-School Clinic

ON	AT	IN	FROM
June 10 COLEMAN	-----	United Church Hall	10:30-11:30 a.m. & 1:30-3:30 p.m.
June 12 BLAIRMORE	-----	Health Unit Office	10:30-11:30 a.m. & 1:30-3:30 p.m.
June 13 HILLCREST	-----	Credit Union Office	10:30-11:30 a.m.
June 13 BELLEVUE	-----	Town Hall	1:30-3:30 p.m.

— FLUORIDE TABLETS AVAILABLE UPON REQUEST —

Willow Valley Shoot June 21st

Sharpshooters from all over southern Alberta and eastern British Columbia will be gathering at the Frank Lynch-Staunton ranch 12 miles north of Lundbreck on Saturday, June 21 to take part in the annual Willow Valley Trophy Club's annual shoot.

Should inclement weather prevail on this week-end the shoot would be advanced to June 28th.

The events will start with a trap shoot scheduled to bang off at 10 a.m. sharp and various competitions will continue all through the day.

The Willow Valley Ladies will again be on hand to provide lunch and refreshments throughout the day.

Following the trap shoot for the Hutchinson trophy, .22 calibre

events will continue and will include shoots for the Pete Maloff trophy, the Willow Valley Club trophy, the Wadina trophy, the Range land Hotel trophy, the Blackburn trophy, the Willow Valley Trophy Club Ladies' trophy and the Jack Reid trophy.

The big game rifle competitions will vie for the Willow Valley Trophy Club still target with iron sights event, the Willow Valley Trophy Club still target with scope sights event, the Harvey Davis tight group five shot event, the Barons Rod and Gun Club Trophy Hunters Match event, the Timberline Saddle Horse trophy moving target event and the Pincher Creek Farm Equipment trophy event.

The Club has announced that this year a new competition involving a pop-up target will be included in the events.

The Bob Malmberg Memorial trophy "Buddy event" will also be held for teams of two persons to total an aggregate score. Persons entering this event must register as a team before the set deadline.

The Grand Aggregate trophy will again be offered and points for this event can be scored in the five-man team event, the .22 calibre at 50 yards event, iron or scope big game rifle events, the Hunters' Match event and the trap shoot. A perfect score of 96 points is possible.

The Club executive has announced that Dominion Marksman 20 yard targets will be used in all 22 competitions. Only rifles of sev-

en and a half pounds or less may be used and contestants must supply their own ammunition. The trigger pull ruling of Dominion Marksman will not be enforced here. All competitors 16 years of age and over must be a member of the Willow Valley Trophy Club. The executive has also stated that when firearms are not in use the actions must be left open. Decisions of the officials will be final in all cases. Ammunition and memberships can be purchased on the grounds.

Last year's trophy winners are urged to turn in their trophies on or before the day of the shoot so that new winners can be presented with their wins. Persons wishing more information on the shoot should contact Steve Kubasek or Hilton Pharis at Lundbreck.

Double Ring Ceremony

Holy Ghost Catholic Church in Coleman was the setting for a lovely spring wedding on Saturday, April 26th, 1969, when Ester Ann Stonehouse, daughter of Mr. and Mrs. Edwin Stonehouse of Coleman, became the bride of Cst. Philippe Leroux of Summerland, B. C., son of Mr. and Mrs. Eusege Leroux of Pincher Creek.

The church was tastefully decorated with yellow and white mums and the pews were marked with white ribbon bows centered with red leaves.

The bride was radiant in a floor-length gown of delicate lace over satin with lily point sleeves and empire waistline. The bodice was featured with seed pearls and a train of lace fell from the shoulders. She wore a four-tiered veil which was attached to a floral headpiece.

Bridal attendants were Laurette Leroux, sister-in-law of the groom and Edwina Kitagawa, sister of the bride. They wore full-length dresses of blue shantique featuring an empire waistline of white lace. White floral headpieces complemented their ensembles and they carried bouquets of blue tinted carnations with fern.

Attending the groom were Cst. Dan Leroux, brother of the groom, and Cst. Chris Offer of Richmond, B. C., and Montmartre, Sask., respectively.

The groom and his attendants were dressed in the RCMP scarlet tunics, as was ring bearer Philip LaFrance, nephew of the groom.

Father John Polardy officiated at the double ring ceremony. Organist Jerry Rejman of Coleman, accompanied soloist, Mrs. Florence Dunford, at the organ.

A reception was held in the Coleman Catholic hall where seventy guests were in attendance.

For her honeymoon to Regina and Montmartre, Sask., and Alberta points, the bride changed to a 3-piece mauve suit complemented with navy accessories.

Out of town guests were from Mission City, B. C., St. Paul, Bonnyville, Calgary, Black Diamond, Lethbridge, Brant, Pincher Creek, Picture Butte, Richmond, B. C., Campbell River, B. C., and Montmartre, Sask.

Mr. and Mrs. Leroux will reside at Summerland, B. C., where the groom has been stationed with the RCMP.

Red Cross Water Safety Week June 1 to 7

Through a varied program that ranges from beginners' swimming courses to instructor training, the Red Cross covers all aspects of water safety.

It is playing a large part in helping to reduce Canada's annual drowning toll by teaching the necessary skills to meet emergency situations. This knowledge, however, will not prevent accidents caused by carelessness.

Last year 212 children under 12 years of age were drowned because they were unsupervised while playing in or near the water.

A toddler can drown in moments, if he falls face down in a few inches of water and a small child, playing with an inflated toy in the water can be carried very quickly into danger by a light gust of wind.

Adults also can be careless about their own safety. How often have we seen the show-off who is determined to swim across the lake because he has done it many times before - but forgets that was when he was 20 years younger. Or the party cut-up who thinks it is a big joke to push someone into the swimming pool or off a dock.

Water sports are fun and provide healthy recreation for people of all ages. But the basic safety rules must be observed if the

dreadful annual death toll is to be reduced.

This is Water Safety Week and the Red Cross is working hard to get the message across that lives

can be saved just by common sense at all times. Don't take chances. Be water wise not only during Water Safety Week, but all summer.

HOLIDAY SPECIAL

PLAIN DRESSES 99c each

Pants, Slims and Plain Skirts 2 for 99c

20% OFF

on all Clothes, Blankets, Drapes, etc., etc.

UNION CLEANERS & TAILORS

FOR FREE PICK UP AND DELIVERY
Phone 562-2112, Blairmore

NOTICE Town of Coleman

Effective July 1st, 1969, the

Garbage Rate Will Be Increased

\$1.00 per month for Domestic.

PUBLIC NOTICE

By the Board of Trustees of the Lethbridge Junior College of the Province of Alberta.

WHEREAS pursuant to the Orders-in-Council Nos. 1206/59, 1372/59, 1410/59, 1461/59, 386/62, 240/63, 1098/63, 1594/63, 1942/63, 2011/73, 1213/64 the service area of the Lethbridge Junior College is delineated as follows:

Lethbridge School District No. 51
Lethbridge Roman Catholic Separate School District No. 9
County of Lethbridge No. 26
County of Warner No. 5
Cardston School Division No. 2
Taber School Division No. 6
Willow Creek School Division No. 28
Pincher Creek School Division No. 29
Taber Roman Catholic Separate School District No. 54
Barons Consolidated School District No. 8
Stirling School District No. 647
Pincher Creek Roman Catholic Separate School District No. 18
Crownsnest Pass Consolidated School District No. 63
Coaldale Roman Catholic Separate School District No. 73
Coaldale Roman Catholic Separate School District No. 74
Coaldale Roman Catholic Separate School District No. 75
Coaldale Roman Catholic Separate School District No. 76
Picture Butte Roman Catholic Separate School District No. 79
Granite Falls Roman Catholic Separate School District No. 77
Batterssea Roman Catholic Separate School District No. 78
Huntsville Roman Catholic Separate School District No. 85
Bulmer Roman Catholic Separate School District No. 106
Shaughnessy Roman Catholic Separate School District No. 107

AND WHEREAS it is deemed expedient by the Board of Trustees of the Lethbridge Junior College of the Province of Alberta, that the sum of One Hundred and Sixty-Nine Thousand Dollars should be borrowed on the security of the said Junior College by the issue of Debentures repayable to the bearer in Twenty-five consecutive equal annual instalments with interest at the rate of not more than 8 per centum per annum for the following purposes, namely

- Erecting on the campus of the said Junior College a new steel and pre-cast concrete Administration Building containing the Board room, President's office, Directors' offices, Faculty offices, Bursar's department, Geographic pool, Registrar's department, Maintenance department, Continuing Education department, Counselling department, Purchasing department, Bookstore, Library, and shipping and receiving, at an estimated cost of \$1,072,720 including architects' fees and services;
- Erecting a steel and concrete block addition to the present Kate Andrews building, containing a Library and Coffee Shop, Bakery, Beef Breaking area, classroom, office and storage area, at an estimated cost of \$311,000.00.
- Providing furniture and equipment at an estimated cost of \$305,000.00
Total estimated cost of the project \$1,688,720.

THEREFORE, notice is hereby given by the Board of Trustees of the said Junior College that unless a poll of the proprietary electors within the service area of the said Junior College for and against the said debenture loan is demanded as provided by The School Act and The Public Junior Colleges Act the said College Board will apply to The Local Authorities Board of Alberta for authority to borrow the said sum by debentures. Of which all persons interested are hereby notified, and they are required to govern themselves accordingly.

JEROME D. ROBBINS,
Chairman.

Dated at Lethbridge, Alberta,
this 7th day of May, 1969.

Instructions To Proprietary Electors In The Service Area of a Junior College

- A poll of the proprietary electors for and against the by-law may be demanded within fifteen days after the date of the posting or of the last publication of this notice, by a demand in writing signed by twenty-five proprietary electors of each of at least half of the districts, divisions, and counties comprising the Junior College Service Area.
- Every demand for a poll should be delivered to the Secretary of the Junior College, or in his absence, to the Chairman of the College Board, within fifteen days from the date of posting of this notice. A certified copy of the demand should be forthwith forwarded to the Local Authorities Board of Alberta, at Edmonton.
- Proprietary Elector means any elector, who is liable to assessment and taxation for school purposes in respect of any property situated in the service area of the Lethbridge Junior College.

PUBLIC NOTICE

REGARDING

Alberta Tobacco Tax Act

Permits are required by all retail outlets, vending machine operators, importers and brokers under The Alberta Tobacco Tax Act. Applications for permits can be obtained from your suppliers or by writing direct to:

Deputy Provincial Treasurer
Tobacco Tax Branch
Room 400A
Terrace Building, Edmonton

Applications must be filed with the Tobacco Tax Branch by June 9.

NOTICE Town of Coleman

Please be advised that the Council of the Town of Coleman have passed a By-Law, No. 383, making

Sewer Compulsory Payment

which is to be effective January 1st, 1970. The rate that will be charged is \$3.50 per month for Domestic. The Commercial Rate per month will be charged according to By-Law No. 359-A.

C. F. SCHILE,
Secretary-Treasurer.

Positions Available for New IGA Store Blairmore

Applications taken until June 6th, 1969, at
The Canada Manpower Centre
BLAIRMORE

Require:

Meat Wrapper
Check Out Clerks
Stockmen
Produce Clerk

See The Journal For Your Printing

ALBERTA MEDICARE STARTS JULY 1

FROM THAT DATE YOU ARE COVERED
BY THE ALBERTA HEALTH CARE INSURANCE PLAN

YOUR BENEFITS - BASIC HEALTH SERVICES

which include . . .

- ☆ COMPLETE MEDICAL, SURGICAL AND OBSTETRICAL COVERAGE
- ☆ SPECIFIED ORAL SURGERY PERFORMED BY A DENTAL SURGEON
- ☆ OPTOMETRIC REFRACTIVE EXAMINATIONS
- ☆ PODIATRIC AND OSTEOPATHIC SERVICES
- ☆ CHIROPRACTIC SERVICES

SUBSIDY ASSISTANCE - PROVIDED BY THE GOVERNMENT OF ALBERTA

Persons may receive subsidy assistance equal to **one half of the premium** payable by him if his taxable income (or the combined taxable income of himself and his spouse) for the preceding year was not more than \$500.00.

Subsidies are applicable to one benefit period only. A new application must be made for each benefit period.

APPLICATION:

INDIVIDUAL: Applications for subsidy will be printed on the first premium notice sent to residents.

GROUP: Applications for subsidy will be available through Group Leaders.

REGISTRATION:

REGISTRATION IS MANDATORY BY LAW: YOU MUST REGISTER BY JULY 1, 1969.

☆ Persons presently enrolled in groups with M.S.I. or other carriers will receive registration forms from their Group Leaders.

☆ All persons enrolled on an individual basis with the Alberta Health Plan or M.S.I. will receive registration forms by mail.

☆ Persons not enrolled in group plans, persons enrolled on an individual basis with other carriers or persons not presently covered by any plan can obtain registration forms at any Alberta Treasury Branch or at any branch of a chartered bank in Alberta.

PREMIUMS:

Single \$ 60 per year
Family \$120 per year

Persons registered on a group basis will be required to pay monthly. Those registered on an individual basis will pay quarterly. **Please do not** make payment at time of registration. You will be billed later.

OTHER SERVICES:

OPTIONAL HEALTH services that are not Basic Health Services under the Plan, such as ambulance, hospital benefits not included under the Alberta Hospitalization Benefits Plan, drugs, prosthetic appliances, Physiotherapy and naturopathic services are available under the Alberta Blue Cross Plan and may be available from private insurance companies.

**YOU MUST REGISTER WITH THE ALBERTA HEALTH CARE INSURANCE COMMISSION
BY JULY 1, 1969**

A DETAILED BROCHURE WILL BE MAILED TO YOU SHORTLY - READ IT!



ALBERTA HEALTH CARE INSURANCE COMMISSION



WE EXTEND OUR
Congratulations
TO
Coleman Collieries Ltd.

on the opening of their impressive

**New Coal
Cleaning Plant**

It is our pleasure to supply the lubricants
for this new plant.

May you have many years of productive
service from this installation.

The Superior Quality of a Texaco Product
is your assurance of dependable performance.

MILAN BALOG

Wholesale Distributor for Texaco Canada Ltd., Blaimore, Alta.

The Homemaker



Miss Eileen Sullivan,
District Home Economist,
Cardston, Alta. Phone 235-3242
Cardston Phone 653-9462
Pincher Creek
Phone 627-3130 or 627-4022

Household Appliances—

It's remarkable to note that in spite of the spiralling cost of most consumer goods, household appliances have remained at approximately the same price since pre-World War Two.

Granted there are new lines and elegant deluxe lines, but the standard washing machine, range and refrigerator still sell at the moderate cost of the 1930's.

What about the appliances you own? How much do they owe you? Do they earn their keep?

A lady I know has two sulky surface elements on her range that have never cooked a thing in their lives. Another lady says she has to WASH the dishes before she puts them in the automatic dishwasher or they won't come out clean!

Frustrations like this drive women to distraction.

- 1—Buy from a dealer who has a known reputation for standing behind his goods.
- 2—Read and follow the instructions that come with the appliances.
- 3—If you already own an appliance on which you can't get dealer satisfaction, write the manufacturer.
- 4—When all else fails write your problem to: Department of Consumer & Corporate Affairs, Box 99, Ottawa, Canada.

Now back to the lady with the automatic, automatic, dishwasher that makes HER do the work. I would ask these questions:

—Does she load the dishes according to instructions?

—Is the water at least 140 degrees or hotter?

—Has she tried several dishwasher detergents to find the one that reacts best with the hardness of her water supply?

If so, then the dealer who sold her the outfit should be her next port of call. Nobody needs several hundred dollars tied up in one appliance that gives the whole dishwasher fraternity a bad name.

As for the dead beat surface elements on the stove; me thinks the dealer, the manufacturer and the Department of Consumer and Corporate Affairs should all be working nights to resolve this kind of a case.

Attention! All Lawn Mower Owners—

I hear a dangerous practice is fairly common. Electric lawn mowers come with a three-prong plug. This of course to ground the current of electricity.

It seems that owners of older homes without threeprong outlets will cut the extra prong off to make the plug fit. A hardware dealer was "kind" enough to do this little chore for a widow I know. Her neighbor, an electrician, replaced the three-prong plug and installed a suitable outlet for it, but what about others who are galloping around their lawns on borrowed time? A three-pronged plug is no gimmick.

It's a lifesaver!

**Welding And
Cutting Torches
Serious Fire Hazard**
(By A. E. Bridges, Alberta Fire Commissioner)

The Fire Commissioner's annual report records that welders' and plumbers' torches cause 60 to 100 known fires per year with a result of destroying hundreds of thousands of dollars worth of property. Last year in Alberta, 62 fires from welders' and plumbers' torches caused \$208,563 worth of property loss.

This is just one of a number of fire hazards directly associated with the construction industry.

However, we have reason to believe that it is of concern all across Canada because cutting torch fires were commented upon recently in a National Safety Council Bulletin which rated this matter as a serious problem in industry in that most industries are exposed to the hazard both from their own employees and outside contractor employees.

On the construction job it is quite evident that more supervision is needed and that greater responsibility must be assumed by users of torches to take care to prevent fires.

Forty-eight per cent of Canada's two and one half billion acres of land is classified as forested.

**LOSE
10 LBS. IN
10 DAYS ON
GRAPEFRUIT
DIET**

HOLLYWOOD, CALIF.

(Special) — This is the revolutionary grapefruit diet that everyone is suddenly talking about. Literally thousands upon thousands of copies have been passed from hand to hand in factories, plants and offices throughout the U. S. and Canada.

Word of its success has spread like wildfire. Because this is the diet that really works. We have testimonials in our files reporting on the success of this diet. If you follow it exactly, you should lose 10 pounds in 10 days. There will be no weight loss in the first four days. But you will suddenly drop 5 pounds on the 5th day. Thereafter you will lose one pound a day until the 10th day. Then you will lose 1½ pounds every two days until you get down to your proper weight.

Best of all, there will be no hunger pangs. Now revised and enlarged, this new diet plan lets you stuff yourself with foods that were formerly "forbidden", such as big steaks trimmed with fat, roast or fried chicken, rich gravies, mayonnaise, lobster swimming in butter, bacon, fats, sausages and scrambled eggs. You can eat until you are full, until you can't possibly eat any more. And still lose 10 pounds in the first ten days plus 1½ pounds every two days thereafter until your weight is down to normal.

The secret behind this new "quick weight loss" diet is simple. Fat does not form fat. And the grapefruit juice in this new diet acts as a catalyst (the "trigger") to start the fat burning process. You stuff yourself on the permitted food listed in the diet plan, and still lose unhealthily fat and excess body fluids.

When the fat and blood are gone you will cease to lose weight and your weight will remain constant. A copy of this new and startlingly successful diet plan can be obtained by sending \$2 to GRAPEFRUIT DIET PUBLISHERS, 1213 Premier Way Calgary 6, Alberta. Money-back guarantee. If after trying the diet plan you have not lost 7 pounds in the first seven days, and 1½ pounds every two days thereafter, simply return the diet plan and your \$2 will be refunded promptly and without argument. Tear out this message as a reminder. Decide now to regain the trim, attractive figure of your youth, while enjoying hearty breakfasts, lunches and dinners.

**Dental Arts
Denture Clinic**

Suite 4, Metropolitan Bldg.
6th St. S. - LETHBRIDGE.
Art Dietrich, Mgr. 328 4095

Grand Union Hotel

and

Red's Coffee Bar

Earl and Vi. Schmidt
Proprietors

ROOMS WITH BATH
REASONABLE RATES

**Harder's
SEPTIC TANK
PUMPING**

George Harder, Prop.
Phone 564-4625
Bellevue, Alberta

**PRESCRIPTION
SERVICE**

PHONE 563-3619
RESIDENCE 563-3491

Coleman Pharmacy

Classified Ads

CAR FOR SALE

1960 CHEVROLET IMPALLA, power steering, power brakes and V8 Automatic. Also a Spring and Mattress. Phone 563-9465.

LAND WANTED

SUITABLE for hunting or fishing purposes, large or small acreage. No buildings, send details and legal description to L. Henry, Station "S", Box 56, Toronto, Ontario.

Apartments for Rent

2 TWO ROOMED fully furnished Suits with bath or Shower and utilities included. Phone 562 2264 after 5 p. m.

Coming Events

The Polish Ladies will hold a Bazaar in the Polish Hall, Coleman, on Saturday, June 14.

St. Paul's United Church Women will hold a Strawberry Tea in the Club Room on June 18th.

St. Paul's United Church Women will hold an Autumn Tea in the Club Room on September 10.

The Coleman Catholic Women's League will hold a Fall Bazaar and Tea in the Catholic Hall on Saturday, October 25th.

St. Paul's United Church Women will hold a Pie Social in the Club Room on October 26th.

St. Paul's United Church Women will hold their annual Fall Bazaar in the Club Room on Nov. 15.



**Attend
Church**

**ST. PAUL'S
United Church**

Morning Service—10 a.m.
Sunday School—11.15 a.m.
You are All Welcome.

**COLEMAN CHRISTIAN
ASSEMBLY**

Family Bible Hour — 11:00 a.m.
Lord's Supper — 12:30 p.m.
Evening Service — 7:00 p.m.
Holding Fast the Faithful Word — Titus 1:9.
Holding Forth the Word of Life — Philippians 2:16.

JEHOVAH'S WITNESSES

— Coleman
Meetings at Kingdo Hall
Every Sunday at 11 a.m.
Every Friday at 7 p.m.

LUTHERAN SERVICES

Held in the Anglican Church
7:30 p.m. Each Sunday
Rev. Karl Keller
Phone 627-4278
Pincher Creek.

STOP!

**Coleman Esso Service
GO!**

Reliable Imperial Products and Service including a Licensed Mechanic.

Your Satisfaction is Our Business.

**RAMBLER
SERVICE CENTRE**

PHONE 563-3828
OTTO KRUG, Prop.

**BUILDING
CONTRACTORS**

Builders' Headquarters
Colli's Building Supplies

Pass Hotel

Blaimore, Alberta
(Sonny) Richards, Mgr.
Modern Coffee Shop
Rooms with Bath
Reasonable Rates

Make Your Mother's Day-Father's Day Wish Come True!

ENTER THE
One Hour "Martinizing" Dry Cleaning

**HIS & HERS
Sweepstakes**

Grand Prize

His & Her Karmann Ghas. Cars

2nd Prize

Four 10 inch His & Her
Color Television Sets by
General Electric

3rd Prize

Ten His & Her Luggage Ensembles
by Samsonite

4th Prize

Fifty His & Her 17 Jewel Watches
by Waltham

5th Prize

One thousand pairs of His & Her Jewelry
by DuBarry of Fifth Avenue. (Handsome
cultured pearl Tie Tac for him. A stunning
cultured pearl golden finish Circle Pin
for her.)

Yes, here's your opportunity to make a Mother's Day-Father's Day wish come true! Enter the One Hour "Martinizing" His & Her Sweepstakes and win a pair of snappy-looking Karmann Ghas! Or win one of over a thousand other prizes! You don't have to buy anything. Just visit your nearby One Hour "Martinizing" Dry Cleaner—get free details and an entry blank. The Sweepstakes closes June 22, 1969. Void where prohibited by law. CANADIAN entrants in order to win must correctly answer a skill-testing question.

FOR ENTRY BLANKS CONTACT:

Blaimore Cleaning Centre

PHONE 562-2911, BLAIREMORE/Alberta

Personalities IN THE NEWS

Mr. Larry Tibett spent the weekend at the home of his mother at Innisfree, via Edmonton, Alberta.

Mr. Joe Cardinal of Edmonton, was a business visitor in the Crows Nest Pass last week. He called on Mrs. L. Boulton. Friends will remember when Mr. Cardinal was employed in this area as Forest Ranger.

Mrs. W. Roughead and daughter Margaret recently returned after a month's holiday spent with her son-in-law and daughter, Mr. and Mrs. Robert Morris at Kamloops, B. C. Mr. and Mrs. Morris returned with them and spent a week-end in Coleman.

Mr. and Mrs. H. Besseling and children of Lethbridge, spent the holiday weekend at the home of the latter's parents, Mr. and Mrs. H. Pownall.

Mr. and Mrs. Robert (Brick) Bell of Lethbridge were recent guests of Mrs. E. Ash and family.

Mr. and Mrs. W. Hurst of Vancouver, B. C., are visiting relatives and friends in Coleman.

Recent visitors at the home of Mr. and Mrs. Ed Leduc were Mr. and Mrs. W. Spence, Mrs. Spence, sr., and her daughter, Mrs. C. D'Amico all of Calgary, and Mr. and Mrs. Robert (Brick) Bell of Lethbridge.

Mr. Robert Ingram of Lethbridge visited his mother and relatives.

Mr. George Jenkins, jr., of Edmonton, visited his father, Mr. G. Jenkins.

Mr. and Mrs. J. Wavrean, accompanied by Mrs. A. Topak, visited in Calgary and Midnapore with relatives.

Mr. and Mrs. A. Vrskovy visited at the home of their daughter and son-in-law Mr. and Mrs. Bob DePellegrin at Trail, B.C. over the holiday week end. They were accompanied by Mr. and Mrs. L. Kalivoda.

Mr. and Mrs. T. Cochrane of Ottawa, Ont. visited Mrs. J. Yatea.

Mr. and Mrs. C. Lee of Burnaby, B. C. visited friends in the Pass.

Mr. and Mrs. R. Reghenas of Calgary, visited Mr. and Mrs. S. Soff.

Mr. Harold Pietz and two children of Edmonton, visited his brother-in-law and sister, Mr. and Mrs. Z. Fullop.

Mr. and Mrs. J. Caddick and family of Calgary visited the latter's mother, Mrs. Rebecca Holy.

Mr. and Mrs. Mel Cornett, accompanied by their son Eddy and wife of Calgary, visited at Great Falls, Montana, over the holiday week-end.

Mr. and Mrs. T. Holstead visited at Lethbridge with Mr. and Mrs. J. Hanrahan. They were met there by their son-in-law and daughter, Mr. and Mrs. A. Bateman of Bow Island.

Mr. and Mrs. Len Cooke of Grassy Lake visited the latter's parents, Mr. and Mrs. J. Trotz.

Mrs. M. Antel recently visited with her sister, Mrs. Agnes McLeod at Calgary.

Mr. Joe Hanrahan of Lethbridge was a business visitor in this area.

Mr. and Mrs. A. Rafferty visited at Kalspell, Montana, over the week-end.

Mr. and Mrs. Allan Rypien, accompanied by Mrs. Agnes Rypien, were Waterton Park visitors over the week-end.

Mr. and Mrs. W. G. Wilson recently spent a two-week holiday with their son and daughter-in-law, Mr. and Mrs. D. Wilson and family at Calgary.

Mr. and Mrs. Donald Wilson and family of Calgary, spent the holiday week-end with the former's parents, Mr. and Mrs. W. G. Wilson.

Friends are pleased to hear that Mrs. M. Fauville is convalescing at the home of her son-in-law and daughter, Mr. and Mrs. J. Zur, after being a patient in the Crows Nest Pass Hospital.

Tommy Hunter Show Coming To Pincher Creek

Canada's No. 1 Country and Western TV and Radio personality, "Tommy Hunter" and his entire cast will be appearing in Pincher Creek Memorial Community Centre Arena Thursday, June 19.

This show stars Mr. Hunter, with a talented supporting cast of Al Cherry, The Allen Sisters, Debbie Lori Kay, The Rhythm Pals and the Travelling Men.

Advance sale of tickets for this big entertainment event will be available at the Recreation Office in the Town Hall, commencing on Wednesday, May 28th.

Persons requesting tickets, thru the mail, must enclose a Postal Money Order and stamped addressed envelope payable to Recreation Board, P. O. Box 334, Pincher Creek, Alberta.

Adult tickets on advance sale will be \$2.00 and adult tickets on sale at the door the night of the show, \$2.50; children, 12 years and under, \$1.00. There will be no children's advance sale of tickets.

Car Check Campaign 1969

VISIBILITY

One important inspection called for in the Canada Safety Council's Spring Car Check campaign can be done mainly by the motorists themselves.

That's ensuring the proper maintenance for driver vision as well as adequate illumination of the vehicle during night-time motoring. A recent voluntary test involving more than a million cars

found that the most common vehicle malfunctions were faulty headlights, rear light defects, inadequate windshield wipers and faulty turn signals — in that order. What if the test had been compulsory!

Drivers should check rear view mirrors for cleanliness and alignment. Check windshield wipers because worn mechanisms cause glass sparkles in your windshield at night resembling a snowy TV picture.

A car can be as safe as possible mechanically but becomes a menace when dirty headlights and tail lamps make it hard to see by oncoming or following traffic.

Headlights that are out of line throw light everywhere but where it's most needed. This fault can be fixed quickly at your garage.

Motorists who do all they can to

make sure they can see and be seen will contribute to safer driving for themselves and everybody else.

Workers of the Red Cross Home-maker Service cared for over 15,000 children in 1968 when there was illness in the home.

APPLICATIONS WANTED

BY THE

Royal Canadian Legion, Branch No. 9
Coleman, Alberta, for

One Steward and One Assistant

QUALIFICATIONS by letter to be in the mail to the Secretary not later than May 31st, 1969.

AL. KRYWOLT, Secretary.

MEAT and
GROCERIES
Free Delivery

ZAK'S

Dial 563-3628
or 563-3817

2 Phones for Customer Convenience

Meats & Grocers Ltd.

THE BUSY LITTLE STORE ON THE CORNER THAT "DEALS ON THE SQUARE"

SPECIALS

Good for Thur., Fri. & Sat., May 29, 30, 31

COFFEE, Nabob
2 lb. pkg. \$1.59

BUTTER ^{First Grade}
Per lb. 73c

CARNATION MILK,
Talls, 6 Tins for \$1.17

Copeland
Glass Cleaner
2 ^{24 oz.} Bottles \$1.39

Cashmere
Bouquet Face
Soap, bath,
2 bars 25c

MARSHMALLOWS, Angelus
3 packages for - \$1.00

KOOKIES. 3 packages \$1.00

ORANGES
6 lbs. \$1.00

BANANAS
6 lbs. \$1.00

GRAPEFRUIT
12 for \$1.00

POP, Cragmont
12 tins \$1.00

PINEAPPLE, 14 oz.
Crushed, Sliced, Cubes
5 Tins \$1.00

EASTER EGGS
Regular 4 for 39c
SPECIAL, 4 for 31c

MUSHROOMS
Stems and Pieces
3 Tins for \$1.00

DAK BACON
DANISH
1 lb. Tin - 89c

Stokelly's Whole
KERNEL CORN
4 Tins for 89c

KETCHUP,
E.D. Smith, 11 oz.
4 Bottles \$1.00

PEACHES or PEARS
14 oz.
3 Tins for 79c

TOMATOES, 28 oz.
3 Tins for \$1.00

York Peas, Cream Corn,
Green Beans, Peas and Carrots
14 oz., 4 Tins for 85c

CAMPBELL'S PRODUCTS
Franco-American Spagetti
19 oz. Tins, 3 for 79c

Yes, We have a Good Supply
of DIET FRUITS, etc.

Pork and Beans, 14 oz.
4 Tins for - 89c

WEST OIL, per Gallon \$2.09

Tomato or Vegetable Soup
6 Tins for - 89c

BICK'S PICKLES
Dills 32 oz. - 65c
Polaki Dills - 65c
Sweet Mixed, 24 oz. - 65c

JAVEX. New Size
192 oz., ONLY \$1.19
Subject to Arrival

RELISHES
B.B. Q.,
Hot Dog
Cu-Bits 12 oz. 3 for \$1.00

FACIAL TISSUE, ROYALE
3 for - \$1.00

TOILET TISSUE, 4 Rolls 49c

FACIAL TISSUE, ROYALE
Regular, 4 for - 89c

GO-GO with Canada Packers MEATS

WIENERS 1 lb. pkg. for 61c | BALOGNA, piece, lb. 45c
PORK SAUSAGE, lb. 65c | No. 1 BACON, 1 lb. pkg. 95c

ALSO HOME MADE

Garlic Sausage, Salami, Capi-Cola, Blood and Liver Sausage
Roll Mops, Muskaleys and Jars of Pigs Feet and Pork Hocks
Barbecued Pork Hocks - Pickled Eggs

Roxy Theatre

Show Times—Monday to Friday, 1 show, 8.00 p.m.
Saturday at 2 p.m., 7 p.m. and 9 p.m.

COMING ATTRACTIONS

Thursday and Friday, May 29 and 30

"The Count Down"

James Caan - Joanna Moore - Astronaut Story
Family Cinemascope

Saturday and Monday, May 31 and June 2

"Fire Creek"

Henry Fonda James Stewart Western
ADULT

Special Matinee, Sat., May 31, at 2 p.m.

Tuesday and Wednesday, June 3 and 4

"Poor Cow"

Terence Stamp - Carol White Drama
Restricted Adult. All Admissions \$1.25

Thursday and Friday, June 5 and 6

"Chubasco"

Richard Egan - Susan Strasberg
Family Cinemascope

Saturday and Monday June 7 and 9

"Doctor in Clover"

Leslie Phillips Anne Field - Comedy
FAMILY

Matinee, Saturday, June 7, at 2 p.m.

Tuesday and Wednesday, June 10 and 11

"Petulia"

Julie Christie - George C. Scott - Comedy Drama
Adult Not Recommended for Children

Canada's Country Gentleman Tommy Hunter

APPEARING ONE NIGHT ONLY

Thurs., June 19th, 1969

Pincher Creek Memorial
Community Centre Arena

Show Time 8:00 p.m. Doors Open at 6:00 p.m.

Advance Tickets will be on sale at the Recreation Office,
Town Hall, Pincher Creek, commencing Wed., May 28th.

Adult Tickets \$2.00 advance sale.

Adult Tickets \$2.50 at the door.

[12 yrs. and under] Childrens Tickets \$1.00 at door only.

Money Orders and stamped addressed envelopes payable
to Recreation Board, P.O. Box 1334, Pincher Creek, Alta.